

## IP 10 – Create a Bucket List

### What's a Bucket List?

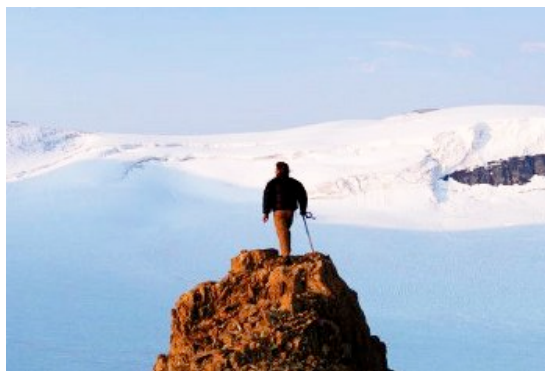
It is a list of all the goals you want to achieve, dreams you want to fulfill and life-experiences you desire to experience before you die.

### Why Create a Bucket List?

Why have a bucket list? If you don't live your days by personal goals and plans, chances are you spend most of your time caught up in a flurry of day-to-day activities. Ever feel your days are passing by without any tangible output to speak of? What were your accomplishments in the past 3 months? What are your upcoming goals for the next 3 months? Look at the things you did and the things you're planning to do next – Do they mean anything to you if you are to die today? Having a bucket list reminds you of what's really important so you can act on them.

The whole point of a bucket list is to maximize every moment of our existence and **live our life to the fullest**. It's a reminder of all the things we want to achieve in our time here, so that instead of pondering our time in pointless activities, we are directing it fully toward what matters to us.

### Create Your Bucket List



Start writing down what comes to mind as you read these questions:

- What if you were to die tomorrow? What would you wish you could do before you die?
- What have you always wanted to do but have not done yet?
- What will you do if you have unlimited time, money and resources?
- Any countries, places or locations you want to visit?
- What are your biggest goals and dreams?
- What do you want to see in person?
- What achievements do you want to have?
- What experiences do you want to have / feel?
- Are there any special moments you want to witness?
- What activities or skills do you want to learn or try out?
- What are the most important things you can ever do?
- What would you like to say/do together with other people? People you love? Family? Friends?

- What do you want to achieve in the different areas: Social, Love, Family, Career, Finance, Health (Your weight, Fitness level), Spiritual?
- What do you need to do to lead a life of the greatest meaning?

Come up with as many items as you can. The items should be things you have not done yet. Don't stop until you finish listing at least 20-30 things! If you find yourself stuck, chances are you are mentally limiting/constraining yourself. Release those shackles – This is a list of everything you want to achieve, do, see, feel and experience in your life.

**Assignment:**

1. Create a bucket list of 20 things that you want to do before you die. Title the page "My Bucket List" and be sure to include your name and the date. Number the list using the auto-number function in Microsoft Word and change the font style, size, and/or colour for numerous items.
2. Choose one item from your bucket list and create a bulleted list of the items/concepts/costs/time that you may need to make this item happen
3. Upload to Edmodo